Alexandria Gazette. TUESDAY EVEN NO. NOV. 13, 1900.

Beds and Sleeping. A German doctor has been investi-gating the question of beds, and the result of his labors has been lately given to the world in the pages of a German journal. In the first place, to convince mankind of the importance of his subject, the doctor reminds all mankind that we spend from one-fourth to onethird of our lives in bed, after which he proceeds to advise the world on the healthlest kind of couch and the most

sensible manner of reposing thereon. A hard bed appears to be the best, and it is laid down that children from the earliest years should be trained to sleep on these hard beds. Soft beds are too warm and do not admit sufficient air. Even in the case of the hard bed the sleeper is warned to see that his covering, whether woolen or cotton, is not so heavy that the body is kept overwarm and fresh air is excluded. This ventilation, according to our authority, is all important. But what will middle aged people say when the man of science bids them dispense with their pillows? Pillows, he declares, are evils, and it is right that we should sleep with limbs uncramped on a perfectly horizontal plane. Knowing the weakness of human flesh, however, the doctor declares that if pillows are retained they should be neither too soft

nor too thick. A point on which most people will agree with this authority is the neces-sity for constant (the doctor asks for daily) airing and sunning of the bedding. Much ill health may be attributed to carelessness in this matter.-London Globe.

verting anecdote is told of the boyhood of Mr. Whistler, the greatest modern impressionist. He was apprenticed to some engineers who were etching elaborate maps on copper. One day his employer asked him if he also could etch maps on copper. 'Oh, yes. I can etch,' promptly answered young Whis-

"As a matter of fact he had never used an etching needle in his life. However, they gave him the copper, and he set to work, making a very fine and beautiful map. But round the edges of the plate, which when bitten in with acid are always stopped out, he etched some characteristic little sketches of the different members of the firm, including a very humorous one of the chief himself.

"Shortly after he happened to go away for a week or two for his holi-Meantime the plate had been bitten in and printed with all of the dreadful little caricatures that he had forgotten to stop out appearing in startling prominence, the sketch of the chief being especially remarkable because of its great resemblance to that gentleman, who was so enraged at the indignity of the thing that immediately Whistler's return he dismissed

Used by British Soldiers in Africa. Cap. C. G. Dennison is well known all over Africa as commander of the forces that captured the famous rebel Galishe. Under date of Nov. 4, 1897. from Vryburg, Bechuanslend, he writes:
"Before starting on the last campaign I bought a quantity of Chamberlain's Cholers and Diarrhoes Remedy, which I used myself when troubled with bowel complaint, and had given to my men, and in every case it proved most beneficial." For sale by all druggists.

anty is Blood Deep. Clean blood means a clean skin. No peauty without it. Cascarets, Candy Cathar the clean your blood and keep it clean, by stirring up the lazy liver and driving all injurities from the body. Begin to-day to oanish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, estisfaction guaranteed. 16c. 25c. 50c.

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47 89• 38 1055• 1055* Williamson, N L 147* Winston, W H 135* Wise, Mrs Peter 70b Wood, Mrs M A 1043* Woodls, W P

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170 Brill, Louis
170 Beckham, J T & J G
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107 Columbia Engine House

144 Carter Bros 111 Cogan, J A & W W, Plumbers 126 City Gas Office 87 Chalmers, A C 45B Delia, Andrew 97 Droifus, J & Co
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50 Reardon, Wm M
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89 Roberts, Walter, Office
139 Roberts, Walter, Residence, West End
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63 Rammel, A

140 Boberts, J W, West End
63 Rammel, A
183 Simpon's Sons, H L
71 Smoot, C C Sons & Co, Tannery
90 Smoot, C C Sons & Co, Warehouse
92 Smith, B B
57 Smoot, W A & Co
98 Smith, Francis L
122 Slaughter, Dr B M, Seminary Hill
151A Smoot, J C, Residence
152 Smoot, Jas R & Co
2 Southern Bailway Company (W & O)
133 Southern Bailway Company (V M)
42 Simpson, H A

42 Simpson, H A 3 Standard Oil Co 161 Schuler Beef Co. 182 Simpson, Geo L, Residence 162 Smoot, J E, Residence 143 Stearns, G W

Virginia Glass Works

63 Virginia Glass Works 39 Washington Steamboat Co 198 Wood, Mrs M A
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WASHINGTON, ALEXANDEIA AND MOUNT VERNON BAILWAY. In Effect Nevember 1, 1900.

FOR WASHINGTON.

Leave Alexandria, corner King and Royal streets, also stops at King and Washington, and King and Payne streets, week day, at 5 55, 6 25, 6 55, 7 20 (express), 7 41 7 56, 8 20 (express), 8 30, 9 00, 9 30, 10 00, 10 35, 11 04, 11 42 a. m. (express), 12 15, 12 46 (express), 1 00, 1 25, 1 46 (express), 2 10, 2 46 (express), 3 00, 3 30, 3 44 (express), 4 15, 4 36 (express), 4 50, 5 31 (express), 5 45, 6 05, 6 30, 7 00, 7 15 (express), 8 00, 8 45, 9 30, 10 15 and 11 15 p. m.

80ndays-7 00, 8 15, 9 00, 9 45, 10 25 10 45, 11 15, 11 45, a. m., 12 15, 12 45, 115 1 45, 2 15 2 45, 3 15, 3 45, 4 15, 4 45, 5 15, 5 45, 6 15, 6 45, 7 15 7 45, 8 15, 8 45, 9 30, 10 15 and 11 15 p. m.

Leave Alexandria for Four Mile Bun, (in FOR WASHINGTON. Leave Alexandria for Four Mile Run, (in addition to local trains for Washington) week days, at 11 55 p. m. and 12 35 a. m. Sundays, 11 52 p m. and 12 25 a. m.

FOR ALEXANDRIA. Leave Washington, from the corner of Pennsylvania svenue and 13½ street, week days, 6 30, 7 04, 7 30, 8 00, 8 35, 8 59, 9 25, 10 00, 11 00, 11 30 a.m. 12 05 (ex-9 25, 10 00, 11 00, 11 30 a.m. 12 05 (express), 12 20, 12 45, 1 05 (express), 12 20, 2 30, 59 (express), 3 30, 3 59, 4 15 (express), 4.35, 4 50, 5 10, 5 24 (express), 4 40, 6 04, 6 30, 7 06, 7 30, 8 00, 8 45, 3 30, 10 15, 11 20 and 11 59 p. m. Sundays—7 45, 9 00, 9 45, 10 30, 11 00, 1 30 a.m., 12 00 noon, 12 30, 1 00, 1 30, 2 00, 2 30, 3 00, 3 30, 4 00, 4 30, 5 00, 5 30, 6 00, 6 30, 7 00, 7 30, 8 00, 45, 9 30, 10 15, 11 20 and 11 5 J.p. m. Leave Four Mile Eun (in addition to local ratus from Washington) week days, 5 30, rains from Washington) week days, 5 30, 5 07, 6 35 and 7 05 a.m. sundays, 6 4

FOR MOUNT VERNON. FOR MOUNT VERNON.
Leave Alexandria for Mount Vernon, well ays, at 5.55, 7.02, 8.35, 10.32, 11.32 m 12.32, 1.32, 2.32, 3.27, 4.43, 5.51, 38, and 10.02 p. m. sundays—7.02, 9.32 a. m., 12.32, 2.32, 1.33, 7.38, and 10.02 p. m. Leave Mount Vernon, week days, at 6.44, 40, 9.25, 11.16 a. m., 12.20, 1.20, 2.20, 2.0, 4.10, 5.30, 6.40, 8.55, and 10.40 m.

. m. sundays-7 40, 10 15 s. m., 1 15, 3 15 , 30, 8 55, and 10 50 p. m. FOR ROSSLYN. Leave Alexandria for Rossiyn, week days 5 55, 6 25 6 55, 7 20, 7 56, 8 30, 9 00, 10 00, 10 30 a, m., 12 15, 12 46, 1 46, 2 46, 3 46, 4 50, 5 1, 5 45, 6 05 7 00

246, 346, 450, 5 s1, 545, 605 700 and 800 p.m. sundays—815, 900, 945, 1045 1145 a.m., 1245, 145, 245, 345, 445, 545, 645, and 745 p.m. Leave Rossiyn for Alexandria, week days 628, 700, 730, 756, 831, 906, 1001, 10 s6, and 1146 a.m., 1249, 131, 247, 27, 422, 530, 600, 627, 702, 756

27, 422, 530, 600, 627, 702, 755 and 838 p. m.
Sandays -856, 942, 1025 and 1121 am, 1221, 121, 221, 321, 421, 521, 621, 721 and 821 p. m.
Baggage checked and carried on the following trains from alexandria for Washington week days, 830 and 1035 a.m., 126 300 and 605 p. m.
sundays -815 a.m. and 615 p. m.
Parcels carried.
Preight carried daily, morning and ovening, in each direction. No freight accepted ing, in each direction. No freight accepted unless delivered at the station at least 30 minutes before the departure of the freight

G. E. ABBOT. J. COLVIN. President.

Southern Railway. Schedule in effect October 15, 1900. Trains leave Alexandria:

8:23 A. M.-Daily-Local for Harrisonburg and for Charlette and way stations.

11:35 A. M.-Daily-U. S. Fast Mail.
Sceping cars to New Orleans, Colombia, Savannan and Jacksonville, uniting at Salisbury
with sceper for A hville, Chattanooga and
Memphis, and at Danville with skeper for
Straingham. Solid train Washington to
New Orleans. Dining car service.

11:57 A. M.-Daily-Local for Charlottesville Trains leave Alexandria:

4:23 P. M.-Week Days-Local for Front oyai, Stra-burg and Harrisonburg. 4.52 P. M - Daily-Local for Charlottes-

10:15 P. M .- Daily-New York and Florida Eqpress. Sleeping cars to Angusts, with connections for Aixen and Charlecton, and to savanash, Jacksonville and Port Tampa-ihrough cars to Jacksonville. Dining car

forough cars to Jacksonville. Dining car service.

10:15 P. M.—Daily—Washington and Chattaneoga Limited (via Lynchburg). Sleeting cars to Loanoke, Knoxville, Chattaneoga, demphis and New Orleans. Through coach to atemptis Dining car service.

11:05 P. M.—Daily—Washington and Southwestern Limited. Sleeping cars to abville, Knoaville, Chattaneoga and Nashville, and to Atlanta, Macon, Birmingham, Memphis, Montgomery, Mobile and New Orleans. Dining car service. Tourist sleeper ashington to han Francisco Mondays, Wednesdays and Fridays.

sashington to an Francisco Mondays, Wes-uesdays and Fridays.

TRAINS ON WASHINGTON AND OHIO DIVISION leave Alexandria 7:58 a. m., daily; 4:40 p. m. week days; 6:33 p. m., Satur-days only for Euemont 6:33 p. m., Satur-days only for Leesburg; 6:33 p. m. week days for Heindon. Ecturning, arrive at Alexan-dria 8:36 a. m. daily; 2:37 p. m. week days from Bluemont; 7:52 p. m. Sandays only from Bluemont and 8:36 a. m week days from Leesburg.

from Binement, and S:36 a. m week days from Leesburg.

Through trains from the South arrive at Alexandri 0.17 a.m., 7:16 a.m. and 1:55 p.m., and 8:30 r.m. daily. From Harrisonburg, 11:14 a.m. week days and 9:20 p.m. daily. From Charlottesving 5:05 a.m. and 9:20 p.m. daily.

For detailed schedule figures, tickets, Pulligan reservation, etc., apply to A. C. MOSS.

For detailed schedule ngures, makes, Pullman reservation, etc., apply to A. C. MOSS, ticket agent, Alexandria, Va.
FRANKS, GANNON, 3rd V. P. & G. M.
J. M. CULP, Traffic Manager.
W. A. TULK, General Passenger Agent,
L. S. BROWN, General Agent, Washing-ARLINGTON & FALLS CHURCH LINE.

ABLINGTON & FALLS CHUECH LINE.
Cars leave Rosslyn for Alexandria county courthouse and Fails Church at 6 25, 6 50, 7 20, 8 30, 9 30, 10 30 and 11 30 a. m., 12 30, 1 30 2 30, 3 30, 4 00, 4 30, 5 00, 5 30, 6 00, 6 30, 7 00, 8 00, 9 00, 10 00, 11 00 and 12 00 p. m.
For Arlington, Coumbia and Nauck at 6 20, 6,50, 7 20, 7 50, 8 45, 9 45, 10 45, and 11 45 a. m., 12 45, 1 45, 2 45, 3 45, 4 45, 5 45, 6 45, 7 45, 8 45, 9 45, 10 45 and 11 50 p. m.

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THE EYE Is Such a Delicate Organ —those who make it a specialty.

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We furnish That it should be treated only by the skillful

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BAILROADS. PENNSYLVANIA

RAILEGAD.
TRAINS LEAVE WASHINGTON. STATION CORNER OF SIXTH AND STREETS. STREETS,
For Alexandria 4 30, 7 46, 10 55 and 11 41
A. M. 3 12, 4 25, 5 00 and 7 00 22
Sunday 4 30, 7 46 and 10 55 a. M. 41
3 12, 5 00 and 7 P. M
For Washington 6 44, 8 00 and 8 29 a. M.
12 14, 3 03, 7 20, 9 13 and 11 03 P. M.
Sunday 6 44, 8 29 and 11 51 a. M. 7 20,
9 13 and 11 03 P. M.

7:45 A. M. Week Days. PHITSHURS FX PRESS.—Parlor and Dining Care and burg to Pittsburg. 10:50 A. M. PENNSYLVANIA Pullman Sleeping, Dining & Observation Cars Harristury Cincinnati, Indianapolis & L. land and Tolede. Buffet Parlor

risburg. 10:50 A. M. FAST LINE-Pulls Parlor Car to Harrisburg. Car Harrisburg to Pittsburg. 30 P.M. CHICAGO AND ST PRESS—Sleeping car Wa Louis, and sleeping and D burg to Indianapolis, Sa (via Cincinnati and Louis Sheeping Car to Pittsburg and Chago Dining Car to Chicago. 45 P. M. CLEVELAND and Chicago EXPERSS-Pullman Sleeping ington to Pittsburg and ha Cleveland and Cincinnate

Sleeping Car to Pittsburg. 7 45 A. M. for Kane, Canandaigus, is and Niagara Falls daily error and Niagara Falls daily error daily, except Sunday, For daily at 3:30 P. M. 7:45 P. M. daily for Williamspa. lo (via Emperium Junction) v Buffet Sleeping Car; for For Buffalo and Niagara Falls Saturday, with Sleeping Car v to Bochester. 10:40 p. m. for Erie, Canandaigus,

Buffalo and Nissara Falls daily Sleeping Car Washington to so urdays only. FOR PHILADELPHIA, NEW THE EAST 4:00 P. M. "CONGRESSIONA

daily, all Parlor Cars, with Dis Baltimore, Regular at 7 00 (Dining 8 15, 9 00, 10 00 (Dining of (Dining Car from Will 12 45, 3 15, 4 50 (Dinin timore), 6 50, 10 00, a Sunday 7 00 (Dining 9 00, and 11 00. (D mington) A. M., 12 15, ing car from Baltimore, 11 50 P. M. For Philad press 7 45 A. M., 12 15 2 01 and 5 40 P. M. da for Boston, without change days, and 4 50 P. M. daily or Baitimore 6 20, 7 0 9 00, 10 00, 10 50, 12 15, 12 45, 1 20

12 15, 12 45, 12 0, 2 4 4 00 (lm'd), 4 20, 4 51, 4 6 50, 7 45, 10 00, 10 4 1 150 P, M. OB Sunday, 9 00, 9 95, 10 50 and 1 12 15, 1 15, 2 01, 3 15, 3 ted), 4 20, 4 50, 5 40, 6 1 10 00, 10 40 and 11 50 P For Pope's Creek Line 7 46 P. M. week days For Annapolis 7 00 and 9 12 15 and 5 40 P. M. day, Sunday 9 00 A. M. Express for Florida and tic Coast Line 4 30 A. M. daily, Richmond only days; and 5 P. M. day Florida and points on Sa 10:55 A. M. and 7 P. M. modation for Quantico, 7 and 4 26 P. M. week days SEASHORE CONNE SEASHORE CONNE

For Atlantic City (via Delawate all rail route), 3 15 (4 00 1 Limited") and 11 50 p. market street wharf 10 00 a 12 45 p. m. week days, 11 of For Cape May 11 00 n. m., and daily. daily. Ticket office, corner 15th at

at the station, Sixth and Borders can be left for the check to destination from hotels and J. B. HUTCHINSON, J.

STEA ERS Weems Steamboat Co.

Palatial Steel Ste POTOMAC AND NOSTHUMA Custos and appointments at FOR BALTIMOLE AND ALL EVERY TUESDAY, THU SUNDAY AT 4:30 P Freight soitcited and handled This is a delightful summ

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Single fare to Baltimore, \$2; round top
\$3 Staterooms one way, \$1. 3 Staterooms one way, \$1, siese, 50c Fickets good to return in either steamer. WM. M. KEARDON, Agent. WASHINGTON STEAMINGS.
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Leave Washington | Leave Acce

19, 1898,

Columbia 11 30 Helle Ha Belle Haven... 12 30 Columbus. Columbia...... 1 30 delle Hav Belle Haven.... 2 30 Columbia. Columbia. 3 30 Belie its Belie Haven.... 4 30 Columbia Columbia...... 5 30 Belle Hs Belle Haven..... 6 30 Columbia

N. B. Same schedule Sundays. N. B. Same schedule Sundays.

at 9 30 s. nt.

POTOMAC RIVER LANDINGS—FIEMS.

EE WAKEFIELD leaves Washington for says at 7 00 s. m., and Alexandra at 00 s. m., for landings as far as Norther days at Wednesdays and Saturdays at same heart of St. Clement's Bay and Leonardtown.

C. W. RIDLEY, teneral Marsays.

IOHN R. PALEST. JOHN B. PADGETI, Agent

DAILY LINE TO NORFOLE RESS MONEOE. The Norfolk and Washington Sieaz

boat Company Will run a DAILY LINE, company of Monday, March 30, with their new and parerful iron steamers

NEWPORT NEWS WASHINGTON AND NUMBERS, Leaving the wharf at the foot of Prince and

at 7 00 p. m.

Returning will leave Norfolk at 5 45 3 Single fare \$3. Round trip \$5. C. W. WATTLES, Agent No. 2 Printe stre